

# February

2022

## American Heart Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 <b>STATISTICS</b> Heart Disease is the leading cause of death in the U.S.	2 <b>Don't Delay</b> Know the Signs & Symptoms.	3 <b>Focus on Self-Care</b> 	4 National Wear Red Day 	5 
6 Call a family member today. 	7 Taking a walk outside can lower your blood pressure.	8 Take the stairs or do 3 sets of 12 squats. 	9 Drink more water. 	10 <b>Work on managing stress.</b>	11 Family game night! 	12 Pause, Smile & Breathe!
13 <b>Stay in Control</b> 	14 <b>Health Benefits of Dark Chocolate</b> Give your Valentine Dark Chocolate.	15 <b>Stand &amp; Move</b> 	16 I'm not dieting, I'm changing my lifestyle.	17 Get at least 7 hours of sleep. 	18 Get help to quit smoking! <b>SDQUIT</b>	19 Meet a friend for coffee! 
20 Eat more red fruits and vegetables this week!	21 No sugar today!	22 <b>Stretch</b> at your desk!	23 Pack a healthy lunch. 	24 Try a YOGA class.	25 Family movie night! 	26 Hit up a local gym class!
27 Take a Nap! 	28 Laugh every day! 					